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KNOW THE FACTS: MENTAL HEALTH



people **prevent** suicide

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COMMUNITY- BASED LEARNING

Why is it so important to
the Regis Mission?

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CHAINSAW MADNESS

"Mad Chad" entertains
students at first Thrills

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REGIS UNIVERSITY

Highlander

a weekly publication



Serving the Regis community since 1877

Volume 90, Issue #2

www.regishighlander.com

September 5, 2007

Convocation inspires academic commitment

Maricor Coquia
Editor-in-Chief

The first Academic Convocation in Regis history was held last Monday morning, August 27, in the St. John Francis Regis Chapel. For the class of 2011, this new tradition was an inspirational welcome into the university community.

Dr. Karen Adkins, associate advising dean, praised the class for being "an academically accomplished group."

"The average high school GPA is 3.38. Nearly one-quarter of those taking the ACT scored in the top 10% nationally. Almost one-third of our entering students are in the top 10% of their graduating class, and we have 12 valedictorians," she said.

Adkins also emphasized the rich diversity of the freshman student body. The class of 2011, which is also the largest in admissions history with 423 students, spans a variety of religions, ethnicities, and life experiences.

She said, "Many different faiths are represented in this class, including Buddhism, Judaism, and the Church of Latter Day Saints... 24-percent of this class are students of color. It's a geographically diverse class, entering from 36 different states from coast to coast."

Freshman Tania Valenzuela is from Mexico, where she lived for eight years before moving to Denver.

"I felt pretty special. It felt good to know that we're the largest class and that many of us are high ranked," Valenzuela said.

Freshman Brook Creager, from Houston, Texas, shared a similar perspective: "I was impressed by how academically achieved our large class is. [The convocation] made me excited for school activities."

The idea to have an academic convocation first came up about three years ago, said Dr. Paul Ewald, academic dean of Regis College. Convocations have been a standard tradition of many universities, including Jesuit universities such as Creighton and Holy Cross, for hundreds of years, he added.

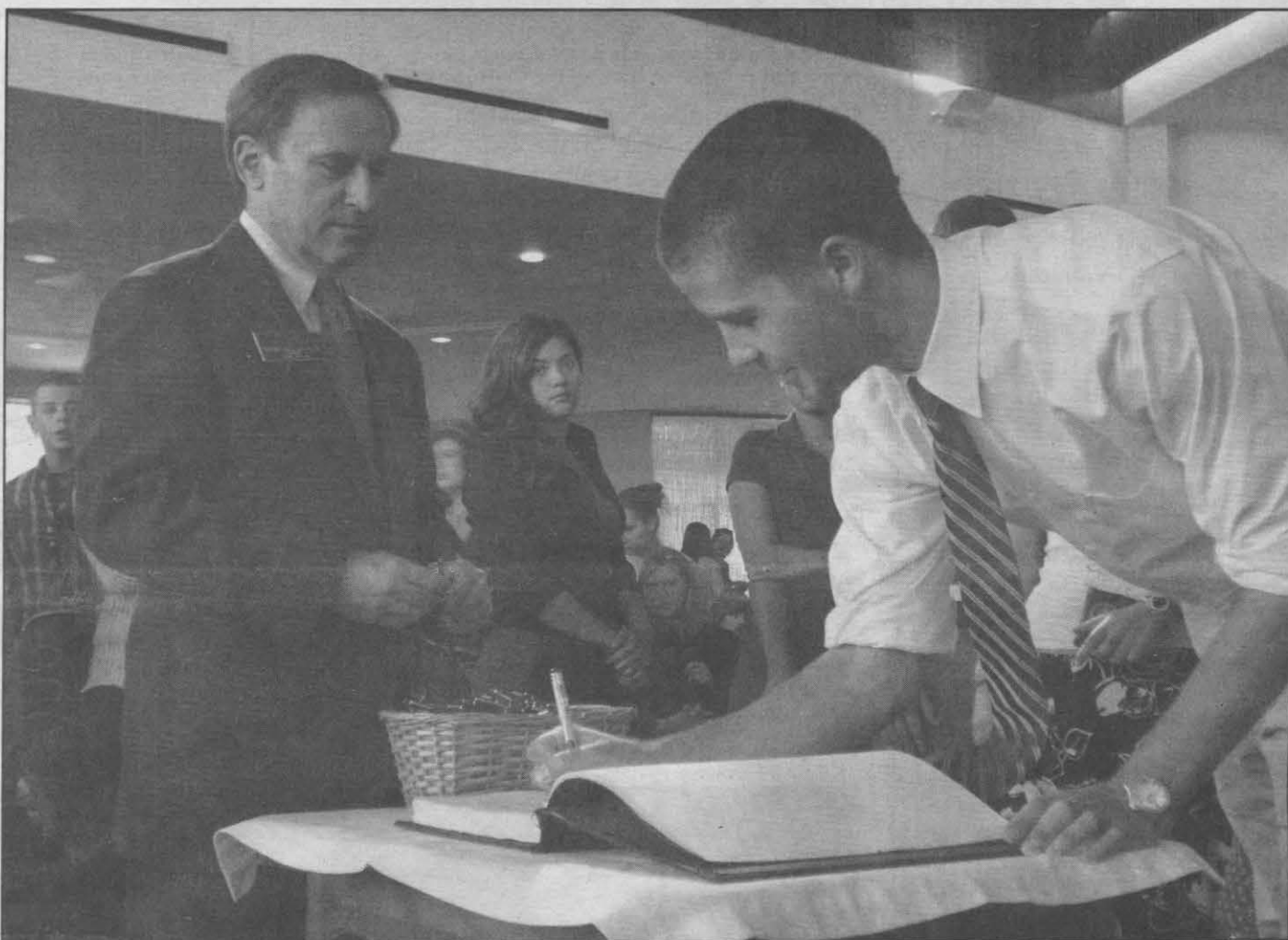


Photo by Maricor Coquia

Regis University hosted its first academic convocation last Monday morning, in the St. John Francis Regis Chapel. For many students, this new tradition symbolized an inspirational opportunity to make the most of their time at Regis.

City of Denver helps ease Regis parking problems

Maricor Coquia
Editor-in-Chief

Parking has long been an issue for Regis students and faculty. To the frustration of neighbors, many resorted to parking in neighborhood streets. On September 4, however, the City of Denver began enforcing new parking restrictions on streets around the university.

"The City of Denver has restricted parking along the 4900 blocks of Julian and King streets and Knox Court; the 5000 block of Meade Street; and the 3600 block of West 51st Avenue," Laurie Forsyth, a university spokeswoman, posted on InSite.

Parking restriction signs have been up since August 17, a week before classes resumed for the Fall 2007 semester.

Nola Owens, parking program administrator of the City of Denver, worked with Councilman Garcia's office to help find a viable parking solution. In 2006, many neighbors complained of cars blocking cross-

walks, encroaching driveways, and driving recklessly.

"In response to [neighbors'] concerns, surveys of parking were conducted in an attempt to identify the extent of the problem," Owens explained.

She spoke mainly with members of the Regis Neighborhood Relations Committee, a subgroup of Berkeley-Regis United Neighbors (BRUN).

A major frustration among neighbors was the lack of cars parked in Lot 6. Even with 500 guaranteed spaces, Lot 6 remained empty for much of the 2006-2007 school year.

BRUN is comprised of neighbors who live within the university vicinity.

From the surveys, Owens found that heavy enrollment months impacted neighborhood parking congestion most.

During May 2006, she sent out petitions to the neighbors. The petitions requested parking restrictions along the 4900 blocks of Knox Court, King, Julian, and Irving Streets, the 5000

and 5100 blocks of Lowell Boulevard and Meade Street, as well as the 3600 to 3700 blocks of W. 51st Avenue.

85-percent of affirmative signatures were needed to pass the petition.

Another major frustration among neighbors was the lack of cars parked in the newly built Lot 6. Even with 500 guaranteed spaces, Lot 6 remained empty for much of the 2006-2007 school year.

The new parking space was erected after K-Mart was demolished and was completed during the summer months before the Fall 2006 semester. Still, the estimated seven-minute walk seemed a hassle for students, especially in the heat of morning traffic and peak university hours.

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Contact the Highlander

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Our Mission:

As the staff of the Regis University weekly publication, the Highlander, we intend to serve the campus and the neighborhood by providing a forum for news, information and exploring ideas. Our publication is designed to cultivate awareness, understanding and dialogue about matters of community importance.

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Submissions are encouraged from our readers. Email submissions to hldrsubs@regis.edu by 7:00 p.m. every Friday for consideration. All submissions will be reviewed to ensure suitability of content and quality of thought. Editorials are the opinions of the author, and therefore may not necessarily reflect the views of Regis University or the *Highlander*.

Convocation from front page

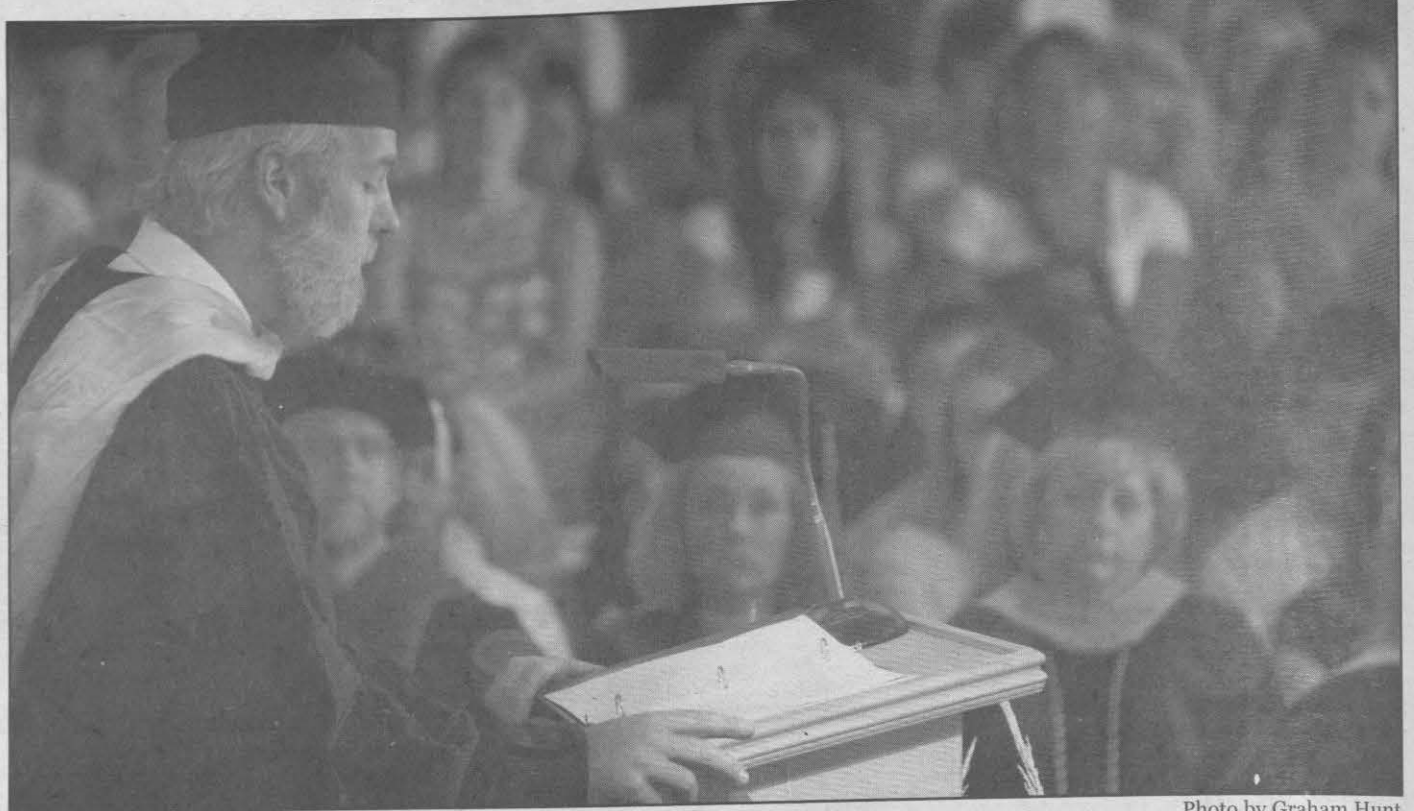


Photo by Graham Hunt

Dr. Paul Ewald, academic dean of Regis College, addresses the freshmen and faculty. To view a full transcript of his speech and to view a full-color slide show of the Convocation, visit www.regishighlander.com.

Dave Law, director of Student Activities, said: "One of the issues brought up by faculty members... was that new student orientation does many things well, but doesn't fully address the college experience as an academic endeavor."

Ewald agreed, "We wanted another way to introduce students into the Regis community."

In preparation for the convocation, Ewald researched other schools and their convocation programs, crafting a script that emphasized the Jesuit ideals of scholarship and service.

"With the completion of the Chapel," Adkins added, "there was a special space to do such an event with dignity."

During the convocation, the freshman class participated in signing their names into four books, along with a presentation of their class banner enti-

tled "Portals," symbolizing their entrance into an academic journey filled with opportunities. These items will continue with the class of 2011 until they graduate.

Senior Tara Kirkpatrick, student president of Alpha Sigma Nu, the honor society for Jesuit universities and colleges, also encouraged the freshman class to "cast fear aside and boldly take on new challenges." "I challenge you to take a chance...find your connection to Regis," she said.

To maintain a formal atmosphere during the convocation, professors processed into the Chapel dressed in full academic costume, or regalia. Academic costume is significant because it displays the academic achievements of the Regis faculty, and thus, their dedication to providing a quality education for their students.

According to the American Council

on Education (ACE) website, academic dress dates back to the 12th and 13th centuries, "when universities were taking form." Different colors in trim designate different disciplines.

Following the convocation, Dr. Elenie Opffer, assistant professor of communication, discussed with her class the different messages expressed during the convocation. From that discussion, a short list of key points emerged. Opffer sent this list to other faculty members.

"Teachers respect us because the got all dressed up for us," was one of the key points.

Opffer said, "It was one of the best university rites I've ever experienced."

"I was really impressed," said Adkins of the list. "The things we wanted to emphasize came through, and that's all we could have really asked for."

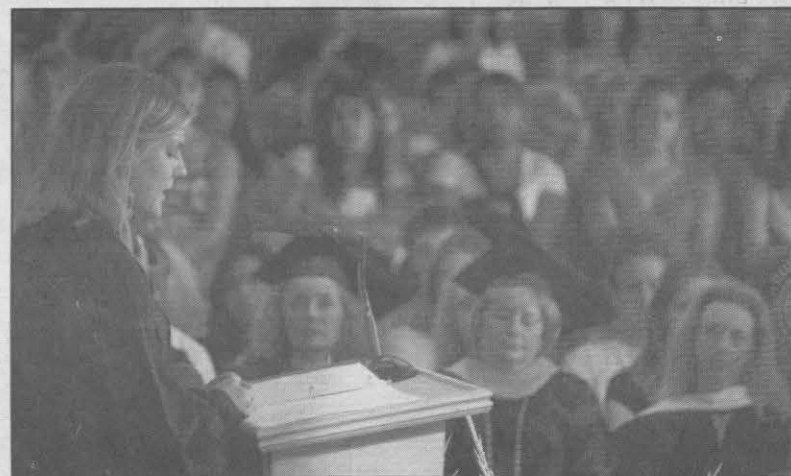


Photo by Graham Hunt

Senior Tara Kirkpatrick delivers an inspiring speech.

Colors of success

Each discipline is associated with a specific color.

Arts, Letters, Humanities - White
Commerce, Accountancy, Business- Drab
Economics - Copper
Education - Light Blue
Fine Arts, including Architecture - Brown
Journalism - Crimson
Law - Purple
Medicine - Green
Music - Pink
Nursing - Apricot
Philosophy - Dark Blue
Science - Golden Yellow
Social Work - Citron
Theology - Scarlet

Restrictions from front page

"It's ridiculous that if there aren't any spots on campus that the only other designated spots are further away than spots off campus," then sophomore Courtney Certain said in a previous interview with the *Highlander*. "It seems like they could have placed the lot a lot closer... that would have been a lot more convenient for a lot more people."

Since the beginning of 2007-2008 fall semester, however, more cars could be seen parked in Lot 6. With the new parking restrictions in place, students may feel there is no other choice.

Campus Safety parking enforcement officer Joe Koch advised a different perspective toward the new lot. It's secure and only individuals with a Regis ID card can park. To him, there

was no reason for students not to register their ID cards in the Office of Campus Safety (located on the second floor of the Student Center).

"If you come at a peak time, don't expect to find a spot within the close lots," he said. "Go ahead and go to Lot 6 and save yourself a lot of headache and stress trying to find parking."

To make parking in Lot 6 easier, the university has provided a shuttle service. The shuttle will operate during peak class hours, including 8:15 to 10 a.m., 11:30 a.m. to 1:30 p.m., and 5 p.m. to 6:30 p.m. Lot 6 is open from 6 a.m. to 11 p.m.

For more information, go to www.regishighlander.com for Forsyth's full InSite posting.

HAVE A COMMENT ON THE NEW PARKING RESTRICTIONS?

Submit a letter to the editor via email to regishighlander@gmail.com

OR

Visit our website at www.regishighlander.com

a word from the chief



I think I've experienced déjà vu. With the first week of school passed, I can't help but recognize a familiar energy, a reminiscent electricity running through all the corridors and corners of our campus. I see students rushing to class, professors walking with a little extra jolt in their step, and Regis employees eager to greet new and familiar faces with a smile.

At this point of the school year, every year thus far, I've felt this same pulsing energy. We, as students, professors, and friends, have taken our first steps into another year of expected challenges and insights. As a community, we've together begun a new academic journey.

I marvel at the life of our campus everyday, because, these feelings of excitement will surely disappear as quickly as they came. In a few weeks, some of us may feel a charge of anxiety of a looming exam or a pang of disappointment with a bad grade. Maybe we'll experience a plateau in our class discussions or a discord in our beliefs after a philosophy class.

My goal as editor-in-chief this year is to capture the many energies that navigate through our campus, hopefully before they are long forgotten. I want us to experience each other's journeys, to witness each other's experiences, and to allow each of us the opportunity to take a few steps in another's shoes. Of course, the *Highlander* will not cover your class discussion on Plato, but we will address issues that matter to you, in the most well-balanced manner we can.

The *Highlander's* primary motto is to serve you, the members of the Regis community. As this year progresses, I hope the *Highlander* becomes the primary window for knowing what's happening on campus. I don't doubt that we may make mistakes. We are not perfect. But, as a learning community, I encourage you to inform us of any changes you'd like to see; for we hope to inform our readers in the best way possible.

On behalf of the *Highlander* team, I wish you a great year. Happy reading.

mcogquia
Maricor Joquia
Editor-in-Chief

Creating space



Fr. Hung Pham, S.J.
Associate University Minister

Below is Fr. Hung's homily from last Sunday's morning mass.

Twenty-Second Sunday in Ordinary Time
Sirach 3:17-18, 20, 28-29; Hebrews 12:18-19, 22-24A; Luke 14:1,7-14

As I walk by a couple of construction sites on campus, I've noticed that construction work involves mostly with creating new space. Construction workers labor constantly erecting fences to create a safe working space; smashing bricks and digging rocks to make room for the new foundation; emptying trash and debris to make room for the new building.

Creating space is crucial both in laying a strong foundation and forming new structures for future construction. Creating a new space is also a theme in today's reading. The parable in today's Gospel is NOT about how to manipulate others into praising us by denying our own gifts and talents so to gain higher position at a gathering. Rather, the parable invites us to create space for something new.

Like the host of the wedding banquet, we are challenged to remove our normal tendency of clinging to what we are used to: the way which we've always done thing, people whom we've known or familiar with power and status we've identified and attached to; so to make space available for new ideas to emerge, new relationship to be formed and existing relationship to be renewed and to grow.

God's spirit to dwell within us and to form us.

Like the work of construction, creating space is a quiet and humble process.

It takes courage and constant labor.

Yet the reward is worthwhile.

As Sirach in the first reading claims; the more humble we become, the more favor we'll find with God. The more space we made available, the more God is able to work within us and to form us. The more empty we become, the more we are able to love and to be loved.

Like construction work, our education, our relationship, and our spiritual life NEED SPACE. As we begin a new academic year, today's readings call us to examine and to ask ourselves: Am I willing to make space for learning and imagining new ideas in our studies? Am I willing to make space for meeting new friends and developing new relationships? Am I willing to make space for our already existed relationships to be renewed so to grow?

Am I willing to make space for prayers where I could encounter God in my busy schedule? In all, in stead of hanging on to what we always know, doing what we always do, am I willing to make myself open, to create space for the education and the love that are surrounded me so to love and to be loved?

On the other note, as we celebrate the Labor Day, let us pray in gratitude for those who have labored to made space available for us at Regis: parents who tirelessly labor to create space for us to pursue an education here at Regis; teachers, faculties and administrators who diligently labor to create a better space for learning; benefactors who generously labor to make space possible for those who, without their help, could not attend this institution.

Friends who lovingly works to provide space for us in need; construction workers and ground keeping and maintenance staffs who quietly and humbly labor to create such a beautiful campus for us to live and to enjoy.

Peace and Justice Studies at Regis: Focusing on the Fundamental Question

Sarah Wernimont
Contributing Writer

As of this 2007 fall semester, students may officially declare Peace and Justice as a major. Like many other freshmen, I had trouble deciding what my major would be, until I heard about the Peace and Justice Studies (PJS) "flex" major. The flex major allowed me to build a major from courses with nonviolent social justice components.

Throughout my PJS studies at Regis I have developed a premise of solidarity: every person in the world has something to contribute to global peace and justice. I have also discovered that justice is relational. By meeting people and creating relationships, we can more clearly recognize the true needs around the world. By listening and recognizing what those in need identify as necessities, we can develop creative ways of problem solving. New perspectives can help solve global problems by working together. Doing the right thing moves social justice forward.

Through my PJS coursework, I have developed a great passion for working on poverty. This past summer in Stellenbosch, South Africa, while taking classes and working with Xhosa children in the African township of Kayamandi, I had the opportunity to see world poverty firsthand and to learn theories related to solving the cycle of poverty. Since this experience, my interest in the effect politics and international relations has on poverty has deepened.

I have begun to narrow down the broad spectrum of Peace and Justice career paths to those concerning politics and poverty. Furthermore, an advanced degree in some sort of International Studies / Human Rights may be in my near future.

Peace and Justice has allowed me to focus on how my education at Regis will shape how I ought to live. From my experience, building relationships, listening to the needs of others and educating oneself makes up the foundation for social change; social change that must be solved peacefully or without further violence.

While in Africa, I had the opportunity to spend quality time with individuals living in dire poverty, as well as learn about theories related to alleviating poverty. We can read and research everything ever developed about poverty, but only the experience of walking alongside those who live the reality of extreme poverty provides an individualized, unique insight. This insight creates the opportunity for creative ways of solving social justice issues.

A degree in PJS allows students to be able to develop the knowledge and skills to become leaders in creating nonviolent social change. With a degree in Peace and Justice, students have the opportunity to take numerous career paths, including non-profit management, community organizing, environmental, social service or dispute resolution work. Furthermore, PJS students can also go on to achieve an advanced degree in areas such as law or graduate school.

At the start of the 2007-2008 school year, 14 students have officially declared the PJS as major; many more have expressed strong interest in also pursuing this new major.

As well as majoring in PJS, students also have the opportunity to be active in social change through the Peace and Justice Club. The club focuses on issues of nonviolent resistance and social change on campus. Justice Week, during March, is the highlight event for the PJ Club. The PJ Club also co-sponsors justice activities on campus, with clubs such as United Students Against Sweatshops, SPEAK and Mi Gente, which will increase the number of students aware and participating.

For more information about majoring in Peace and Justice, contact Dr. Byron Plumley at bplumley@regis.edu. For information about the Peace and Justice Club, contact TJ Bowen at praenato@yahoo.com or Sarah Wernimont at werni334@regis.edu. The club and interested majors/minors will meet on Tuesday, September 11 for a brief reflection on the events of 9/11 as well as to discuss issues related to the club.

I hope you don't have the time of your life

Jacqueline Kharouf
Opinions Editor

This is it. I'm sitting in my first college classroom, scared out of my mind because the guy next to me keeps tapping his fingers on the table and looking, somewhat ruefully, at the clock above the door. It's 8:01 a.m., Monday morning and I can barely look around the room. I'm so nervous. There are a lot of upperclassmen in this class and several of them are (shock!) eating breakfast. I latch on to the girl next to me and introduce myself. Her name is Catherine; no, she's not a freshman, but she is a first year student at Regis; she's a transfer student. I follow my new friend's example and set my book, a hefty art history thing, and my brand spanking new notebook on the gray table.

We look to the clock.

At 8:10, the teacher still hasn't arrived, and everyone, as though cued by a silent whistle, stands up, collects their things, and (shock!) leaves.

I think, "This is awesome! My first class in college and it doesn't even last the full 50 minutes."

As my time at Regis steadily draws to a close, I've been reviewing my freshman experiences, like this first one, in hopes of understanding where all that time went. Before I went to college, everyone said the four years would go really fast...I just didn't think they'd be *this* fast and so perhaps I'm confused or maybe I just missed something. In either case, it seems inevitable that as I face the end, I take a peek back at the beginning....

That first freshmen experience pretty much describes my attitude my entire first year: scared out of my mind. I walked around campus with this sort of glazed scared, but terribly excited, wide-eyed look. Everything and everyone was fascinating. My professors were awesome, my classes were actually interesting, I had all these cool books that were mine to keep, I was finally meeting people who were actually like me (I graduated from a high school class of 40, you can imagine the variety there), and I was learning, not just stuff, but important, life-changing information, and, although I didn't realize it at the time, I was learning about myself.

I suppose that last part is a little obvious....college is (supposedly) about learning who you are and (eventually) discovering the person you would like to become, but, at least in my experience, college is really not entirely about learning.

Why do people say "college is the time of your life"? Isn't every time (anytime) you are alive "the time of your life"? Why do people need to pay

walked around feeling like somehow, for some odd reason, I didn't really belong here. And so I spent much of my first two years at Regis comparing myself to everyone else. I didn't fit because I wasn't like *them*, I'd think. I wasn't popular, I wasn't smart, I had no life, I studied all the time, I freaked out when the professor was late, I ate at the cafeteria (and enjoyed it), I didn't talk in class, I was afraid every one would think I was an idiot. I was 18 and I was afraid of my own shadow.

It wasn't that I didn't fit in, I was definitely supposed to be at Regis, it was just that I tried to distance myself from what I thought, at the time, would happen eventually: failure.

I changed slowly. Yes, my freshman year was nerve racking and terrifying but bit by bit, I started taking chances with myself. After feeling like my first major declaration didn't really suit my interests (I declared a double major in Fine Arts and Communications), I talked with a very good friend about writing. At the time Regis only offered a minor in writing, so a major in the subject would require a Flexible Major Form and a little coursework planning. But after an intense self-examination, several impromptu meetings with professors, and getting all the forms signed (finally), I at last felt like I belonged. I found the place where I fit

Why do people say "college is the time of your life"? Isn't every time (anytime) you are alive "the time of your life"? Why do people need to pay x-amount of dollars to figure out how to have "the time of your life"?

best, but, more importantly, I ignored what everyone else was doing and did exactly what was best for me.

And so now, some advice to our new freshmen....know your goals and stick to them. It's ok to be scared at first, a little fear is healthy, but don't be so scared you miss out on discovering them. There is no better feeling in the world than knowing you are doing the right thing at the right time. Trust yourself and never, *never*, settle.

And don't think of college as one thing or another. Think of college however you'd like to think about it. If that means going to huge, clearly alcohol-fueled parties, then go ahead, there's no one to stop you, but go only after making a choice you, and only you, fully understand. There is an extreme freedom that comes with this

And don't think of college as one thing or another. Think of college however you'd like to think about it.

x-amount of dollars to figure out how to have "the time of your life"?

At first that phrase didn't really bother me, but now, as I near the end of that supposed "time of my life," I can't help feeling someone almost pulled a fast one.

Here's my deal: college is just what you make it. That's it. Simple? No way. It's so complicated I have to tell another story.

As an incoming freshman, I often

A matter of apathy

Jen Janes
Opinions Editor

As we enter a new year, and much to my mixed reactions, my final one, our new freshman population brings back memories. Many of you may not want to admit it, but you're pretty scared. It's ok. So was I. We all manifest our fears in different ways, however, and I have to admit that I was one of the obsessive ones.

When I was a freshman, I would show up to every class at least 15 minutes early, not because I was a brown-

And fear not, my newbies, the apocalypse will not be triggered by your failure to do the reading assignment a week in advance.

noser, but because I fostered the very real fear that, on any given, random day the class time would be shifted 10 minutes earlier. I would sit in the dark, deserted classroom, watching the minutes tick by and wondering if I'd forgotten that class was canceled, or whether we were supposed to meet somewhere else, or if there was some kind of field trip. It never quite registered that the majority of the other students were at that moment just rolling out of bed and donning their flip-flops and sweatpants that say "Princess" across the back, a stark contrast to my obsessive habit of choosing shirts for class that were the least faded - my idea of dressing up. These days, I mosey into class with just a few minutes to spare, which are more or fewer depending on when I get done with my round of Tetris. And fear not, my newbies, the apocalypse will not be triggered by your failure to do the reading assignment a week in advance.

Furthermore, I will probably walk hunched over in my old age from my

freshmen, it's an honor system. You share when you have it, and you bum when you don't.

I also used to carry a little pouch in my pocket for cigarette butts, which I would empty OCD-like every single day. If I ever forgot it, I would feel my breath quicken, my muscles stiffen, and sweat begin to emerge on my brow. I nearly wept the day the long-suffering cigarette butt pouch finally fell apart, but now the butts fly wherever they need to. Dry grass and flower beds, of course, are a no-no, but if Air Jen doesn't quite make the shot into the trash can, I really couldn't care less.

And then there's the matter of those directories and maps posted around campus. Please, freshman, leave the consulting of those to your geeky parents. As I have already told a few of you, print the directory out so that when you get lost, you can just pretend you're going through your homework while you're looking at it, and no one will ever know that you are a little lost freshman.

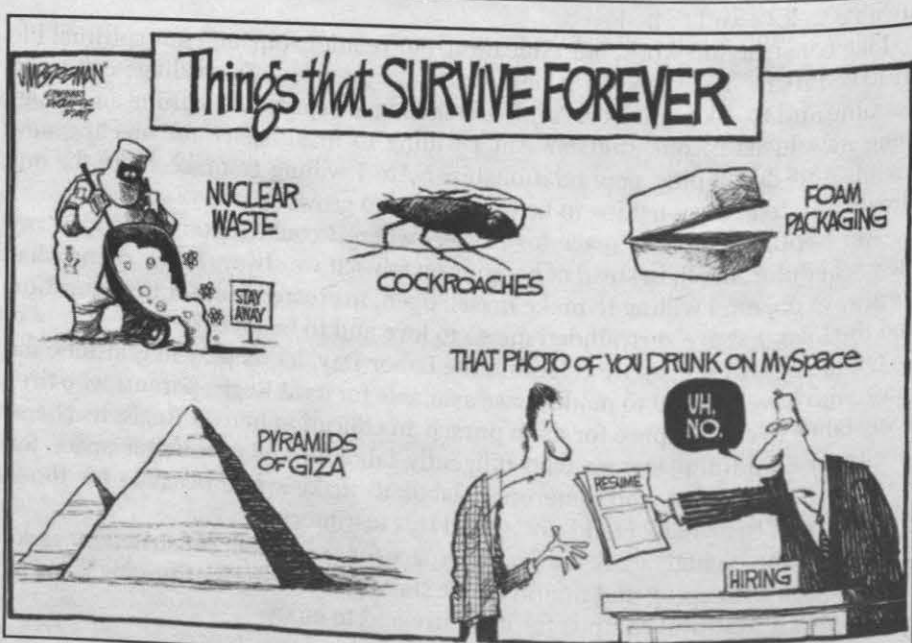
Along the way, your reality will be much altered. Whether it is discovering that your best friends aren't really all that great, that some aspects of this school frustrate you and make you wish you'd stayed home and gone to community college, that the person you thought you despised is really an ok guy, that your high school boyfriend is, it turns out, not the love of your life, or that the burnt Blackjack pizza is not just a one-time fluke (trust me; it's not), the point is that you shouldn't kill yourselves with worry. While I would never suggest complete apathy, a little bit is not a bad thing.

There are more important things in life than getting a full eight to ten hours of sleep or trying to make everyone, including the entire faculty, like you. Do your work, try not to be too surly in the morning, and just live your life. Essays, while moderately important, are not essential to your happi-

...the point is that you shouldn't kill yourselves with worry. While I would never suggest complete apathy, a little bit is not a bad thing.

outlandish freshman need to carry every single book on the syllabus to class with me, whether we were scheduled to discuss it that day, or in two months. It was to be an entire year before I discovered the buddy system, and learned to look off someone else's book when I forgot mine. That's right,

ness. You have many obligations and responsibilities here that must not be ignored, but your most important job is not to get straight As, but to find out what is essential to your happiness and hang onto it as hard as you can.



Reprinted from the Aug. 8, 2007 edition of the Cincinnati Inquirer.

THE SQUISHY AVOCADO

A little piece of me

Blando Avocat

Editor, *The Squishy Avocado*

Hello and welcome to the *Highlander* Opinions section special insert, *The Squishy Avocado*. Here at the *Avocado* we like to present hilarities from your university campus, change these happenings slightly, and write brief column stories that, hopefully, will tickle your funny bone, or, if you happen to be a vegetable, your funny root. These stories are just that, stories, only intended to give you the giggles or, as we vegetables say, the jiggles. In short, *The Squishy Avocado* is just for fun (you might be reminded of another such publication, with another such vegetable reference).

But, before we bring you this exclusive first installment of what will remain a weekly *Highlander* inset, I'd like to briefly introduce myself....

My name is Blando Avocat and, yes, I'm an Avocado. I won't bore you with our obvious nutritional properties, although we *do* have more potassium than bananas, about 60 percent more, to be exact (thanks Wikipedia!), but I will say that just because we're tough and green on the outside doesn't mean we don't have real feelings too. Well, ok, you don't have to think twice before you buy one of my delicious relatives from your local supermarket, but just remember Avocados, basically, grow for human consumption (feeding one of us to your dog will probably kill Sparky). We're here for you! So toss us into your salads, chop us up and stuff us in those Americanized excuses for "sushi" (aka. California rolls), mash us all together into a lovely green paste you call "guacamole," or, and perhaps most importantly, look for our perspectives here in *The Squishy Avocado*. The items on the menu may be less tasty, but they will definitely whet your comedic palette.

And so, without further ado, *bon appetite!*

Haunted dorm room creates racket

Hilbert Dunst

Avocado Writer

Georgia Winters, a new freshman, enjoys living in O'Connell Hall. Her room is sparse and tight, especially as Winters shares the space with her roommate, Veronica Medina, but the girls have managed to decorate the room with large posters of kittens and giraffes.

And yet, despite the comfortable atmosphere, life in room 224 became less than cheery when an unwelcome visitor popped in on Winters' and Medina's first night.

"There's a ghost!" Medina said, frightened.

Winters explained their first encounter, "At first I was really scared. The ghost paced the room, opened the drawers in my desk slowly and then slammed them shut again. Stuff like that," she said, "but then we started hearing this awful 70s disco music and some female voice singing horribly off-key to 'Raindrops Keep Fallin' On My Head.'"

Medina shuddered, "Now *that* was scary."

The roommates discovered their nightly visitor was the ghost of Mary Bellesara, a resident when the college first became co-ed.

Francie Whipple, Regis' own Universitas Regisiana Folklore and Legend Archivist, described

Bellesara's fifteen minutes of fame: "Bellesara was a hussy," she said. Whipple, who was, along with Bellesara, among the first women to attend Regis in the early seventies, particularly remembered the parties Bellesara used to host in her O'Connell hall room.

"Mary had those parties all hours of the night," she said, "in 224!"

Bellesara, who later died in a still unsolved accident involving a piece of gum, a light pole, and an unopened pack of cigarettes, is apparently still partying like it's 1969.

"The racket is ridiculous!" said Jill Fender, one of Medina and Winters' neighbors in room 225, "I know it's a ghost, but geez, it's like: 'can you keep it down a little?'"

And although "Scary Mary," as the second floor girls call Bellesara, has been responsible for nearly all the grumpiness that plagues these new freshmen, remedies to fix the problem are hard to find.

"It's not like we can just call the Ghost Busters or something," said security guard, Chuck Oberlander, who has received many noise complaints this past week, "in the past, we've just told residents to ignore the ghost and hope for the best."

Winters and Medina are still hopeful, but they still haven't figured out how to ignore Scary Mary, "Ah well, it's not like college students sleep anyway," Winters said.

Preparing for the other side

Jessica Knapp

Opinion Writer

My choice to study abroad was not rash, like many of the decisions in my life. Rather it was something that was well thought out and discussed with my significant other, my cat. After a few weeks of discussion, we decided that if it was something that I was really passionate about, I should go for it.

The response from my family was not nearly as complete as it was from my cat. My mother was supportive, my sister jealous, and my father distant. While they all want the best for me, my sister and my father are a little unsure that it needs to come from several thousands of miles away.

So I applied through the Regis Center for Study Abroad and found the perfect program for me. I decided that if I was going to study abroad, I had to make it worth it in order for my father to understand why I was going. I decided to go to London (because of my obvious lack of any foreign language skills), and when inquiring about the programs offered through Regis, I found that there was a program where I was able to study and have an internship.

Well after a lengthy application process that involved me cutting and pasting a portfolio together like a kindergartner, I was accepted into the London Internship program. Or should I say programme.

Over the summer, I have been trying to prepare myself for the huge journey I am about to make. Basically I have been saving a lot of money and attempting to narrow down my wardrobe to those basic necessities.

Well, the summer didn't seem to last long enough. The last time I checked, I still had three months to go. And before I knew it, I was down to one week. Well, imagine my shock when I realized I had to pack. And now imagine my even greater shock when I realized that I was only allowed two suitcases. Dealing with this situation, I soon realized, was going to be the least of my worries.

I started to get just a little terrified of what was about to happen. For starters, I have lived in Westminster, Colorado my entire life. The familiarity I have with the scenery, the streets, and the people is almost borderline stalker-ish. I love Colorado. I love how secure I feel knowing that a tornado would be very unlikely in Denver due to the atmospheric nonsense the beautiful Rocky Mountains stir up. Now though, I was getting ready to go to a big city, have a big girl job (or internship) and live with people and streets that can only be described as curvy and nonsensical with one look at the Google map.

Then I started to think about what it was going to be like to make friends

again. I am a senior this year, and my quickly approaching Study Abroad experience reminds me of being a freshman all over again. I am going to a school that I know absolutely nothing about, I am living with people from all around the country, and I am out of my nice plush queen size bed and back into a rock hard single. I learned that I would be living in something called the Thoresby House. It basically looks like a dorm. The one good piece of news I got was that I won't have to go through the agonizing process of having a roommate again because I have a single room.

I ate some dinner with some friends of mine the other night, and when I explained my fears about starting all over again, the only thing my oldest friend Kaitlyn could say was "Everybody loves the exchange students. Don't you remember *American Pie*?" While the movie dramatically over did the exchange student stereotype, I did remember that I had three exchange students in high school. I remember what it was like for them the first couple of days. And then I remembered how they seemingly seemed to soak up the culture and became one with those around them.

While that fear was quickly laid to rest, I began to think about my family. What will happen to our Sunday night family dinners if the youngest is not there? Who is going to cook pork roast and mashed potatoes for me if my mother is not there? Who will help my sister dress and will she simply sink into fashion oblivion? Who is going to watch NASCAR with my dad? What will become of my loveable Cat?

All I can say is that it is now sixteen hours before I leave and many of these questions have not been answered. It was determined that my cat will be watched after by my roommate and weekly phone calls will be made where he will be able to meow and purr into the phone. My mom will somehow find a way to seal the pork roast and mashed potatoes into a bag and have them curried over to me where I will be waiting to consume them. My sister is to only buy clothing that has been recommended by a sales associate.

My father has been the hardest barrier to cross. He is having a hard time losing his little girl, and as hard as I try to reassure him, he seems to think I am never coming back. My father is my pillar of strength and even I have to admit that it will be hard to say goodbye, even if it is only for four months.

Attempting to swallow all these fears, I pack my suitcases until they are around 70 pounds each. I say goodbye to my favourite coffee shop, attempt to memorise my new 14 digit phone number, and make sure the colour of my luggage tag is bright green so I can recognize my suit case of the first pass of the carousel.

I love Cheetos

A Squirrel

Avocado Foliage Correspondent

I love, I love, uh, uh, uh...excuse me. I think my blood sugar is a little too high...puff, puff. Sorry, bear with me. I just ate some M&Ms. Whoooo! I'm a FLYING squirrel! Anyway, what was I talking about? Oh yes. I love Cheetos. In fact, I adore them. I love scurrying up my favorite tree and leaving those delightful orange paw prints all over so that everyone knows it is my tree.

One could argue, of course, that such shameless leaving of tracks does not foster healthy predator-prey relationships - I mean, come on, who wants the fox coming by all the time? A rodent needs his privacy, you know. Sometimes I like to pretend I'm not home so that the fox won't keep coming by to see if I have any extra tiny spare ribs. I just say, "Look, Agnes, I'm not home, can't you go away? Seriously, now." Oh look, a shiny thing! Maybe it's another Snicker's

wrapper. I love Snickers wrappers, I love Snickers. I love sugar and even though I get a sugar crash every now and then I just love eating everything you can throw at me because I'm a movie star you know because you all take pictures of me on your camera phones while I gorge myself on enormous chocolate chip cookies and then roll over onto my fleshy bulbous back and feel my eyes contract into pinpricks and have convulsions on the grass.

Have an opinion you'd like to share? Email your submissions, of 500 words or less, to the *Highlander's Opinions* editors at highlanderopinions@gmail.com.

For the third year in a row, over 400 first year students in 28 Freshman Seminar classes visited one of 25 different community sites as a part of new student orientation to community-based learning. According to Melissa Nix, coordinator for the Center for Service Learning, the immersion aimed to introduce new students, from the very beginning of their life here at Regis, to what it means to learn from the community within which they live. This experience offered a sense of how students might integrate the theory they will find in the classroom with community interaction and reflection.

On Friday, August 24, students went to a variety of sites, with each site intentionally selected by faculty to complement an issue students will be exploring in their seminars. Some of the populations encountered by new students during their immersions include the homeless, the elderly, high school youth, local artists, and second language learners.

Here we feature the experience of the "Civic Engagement for the Common Good" class, taught by Dr. Mary Beth Callie (also the Highlander's faculty advisor). The class drove downtown to meet with Phuonglan Nguyen and Steven Moss, of Front Range Economic Strategy Center (FRESC), outside Union Station.

Considering College: A Fresh(man) Start

DJ Walton

Paradise Valley, AZ



There I was, standing on the sidewalk outside of the train depot of downtown Denver.

The building was built of stone, perhaps limestone or granite. It was fairly large, and I don't think I saw the whole thing. Before I could take it all in, we were approached by a man and woman in business casual dress. They seemed very eager and enthusiastic to be meeting with our group. After their introduction, I had to tear my eyes and attention away from the physical building and direct it towards the two new subjects.

I was aroused from my intellectually slow summer break at this very moment and I did not get the chance to jot their names down.

Formed in 2002, as the website explains, FRESC has undertaken organized research studies geared toward "maximizing the benefits of economic development for communities and working families." This mission was well reflected in the presentation.

Numerous mentions of proposed Wal-Mart store sites in undesirable locations were used as an example in the discussion; it was FRESC's goal to bring this information to the corporation and the community's attention. The speakers stressed that they were not anti-corporation. Rather, they emphasized that they were more supportive of sites that would not endanger the local economy.

Pop culture, the media, my friends and family that went to college—they have all flooded me with the idea that college is supposed to be about thinking outside the box. College had just hit me like a train out of the depot of which I stood in front, and I knew that success would need me to just climb aboard at the next stop.

Looking back, I might have been a little skeptical of FRESC's message and goals, with the prejudged idea that they might be too one-sided. I thought they were "left-wing," and maybe extremist, hateful, or otherwise unpro-

ductive. This apprehension most likely stemmed from my background. Raised Catholic, my personal political views are almost dead center; meaning I find flaws on both sides of the spectrum when it comes to major issues.

I discovered that, according to the presenters, the group is not "anti Wal-Mart, so to speak. They reported that the group's first step in such situations is to assess whether or not to oppose sites for said establishment; which I accept as valid with regards to if this organization really cares about social change, or is simply being loyal to a political ideal. It is becoming clearer to me what it means to fight for the social good.

Hearing the perspectives of FRESC opened my eyes to what is necessary in the local community to usher in a social change nationally and ultimately globally. This small epiphany has led me to understand that I may need to set aside any presumptions or prejudice I might have had about issues such as social change and how one goes about working for it.

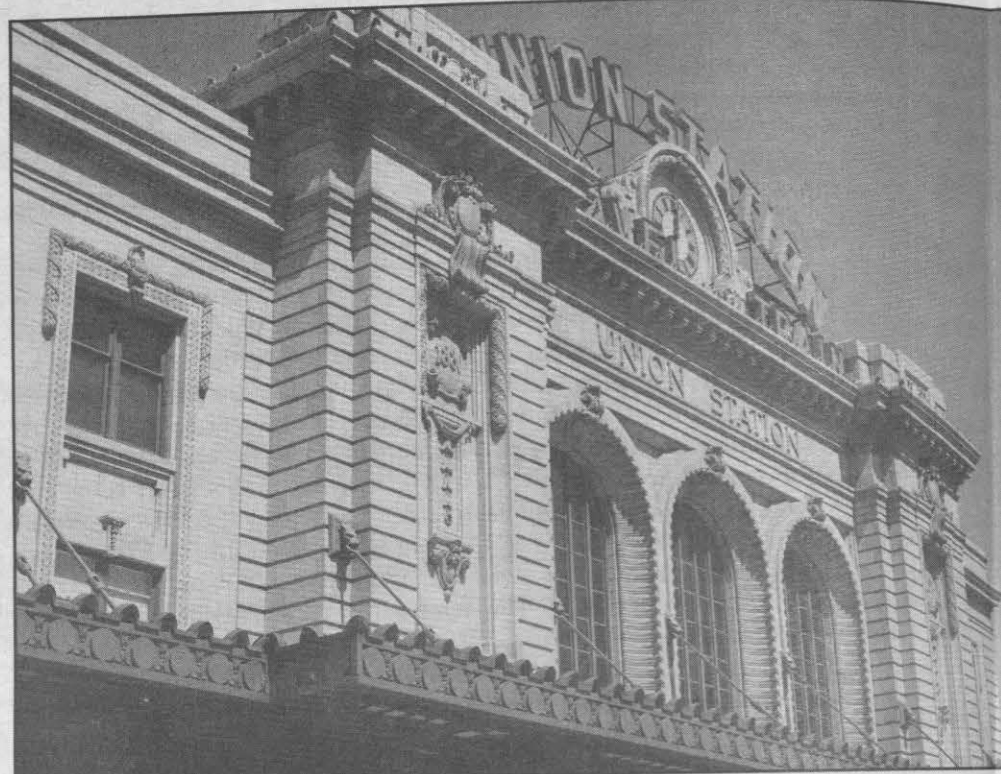
Initially, this had me disappointed in myself. However now I feel that it is vital that I work, listen, and critically think to consider such new ideas and opinions, leaving me anxious to hear more and "soak some more up," so to say.

Learning the differences between charity and justice on the more personal level of the local community has opened my eyes somewhat to how little I know of the real problems at hand. It is almost our duty to set aside political differences regardless of origin, to fight for this social good known as justice.

I have always been adamant of our role as humans to take care of one another in immediate peril, through charity. But only after the first week of college am I beginning to understand the importance of fighting for charity's cousin, justice. I feel like I would not be getting my money's worth at Regis if I don't try to learn as much as I can about something like this in which I know so little.

Perhaps in an extra-curricular way, I can find a deeper understanding of how social change can happen, particularly with regards to how such change can happen and start with the local community.

Learning Community



Photos by Dr. Mary Beth Callie

Getting out of an overheated minivan in front of Union Station, I gazed up. Many cities have a Union Station, but none that I have seen have a sign quite as brilliant as Denver's. "Union Station, Travel by Train" in bright orange letters was the first mark that caught my eye...

Sam Bailey, Chicago, IL

I was born and raised in Colorado and I had never been to Union Station. I assumed it would be like most of downtown Denver, old and run down but to my surprise it wasn't. It was very well kept and houses the main public forms of transportation in Denver, the Light Rail and the Amtrak trains...

Paul Lopez, Denver



Our two speakers moved us into the shade on the left side of the building and asked us to have a seat. There was a parking lot right in front of us, full of shiny cars; and a restaurant named Lotus extending from the station. Union Station is 200 acres and has an approximate land value of \$1.3 billion.

Leah Homburger, Evergreen

from the

Freshman Seminars visit community sites as part of New Student Orientation

The train station. It's funny what our assumptions can lead us to believe. In my mind I pictured an old somewhat abandoned building with people wandering in and out...

Not that I have not dealt with social issues before. For my senior project we had to pick a social issue, research it for months, and propose the best solution for the issue. I worked harder than I ever have calling people, and reading all kinds of documents. After months of research we eventually figured out the root of the problem, one of our last assignments for the project was to write a proposed solution to someone of a position of power. We wrote a letter to our senator, someone that could make a difference. We even told her what she could do to help improve the issues, but it did not come close to the experience I had last week.

...After talking to the two representatives from FRESC, I was inspired to see people really fighting to make the change they want to see in the world. It seems like anyone can write a letter, but to go out into it all and really fight for a cause, it's a totally different level. I really look up to people who are willing to put themselves out there and fight for what they believe in.

Emily Basta, Bellevue, WA

As I was sitting on the sidewalk listening to members of FRESC give their presentation, I began to think of why it was decided to come to Union Station and did not stay on campus and have the presenters come to Regis. I then realized, that by being in Denver community, I was able to see and experience what was going around me. I saw people who appeared to be unemployed and others appeared to be very wealthy. There were nice cars and not so nice cars in the parking lot. I saw people from many ethnicities. Then it dawned on me, this is our community...

Colleen McGoff, Indianapolis, IN

Who is FRESC?

Founded in 2002, Front Range Economic Strategy Center (FRESC) is a non-profit organization that works to maximize the benefits of economic development for communities and working families. FRESC creates opportunities for citizen participation by organizing community meetings and conducting leadership trainings.

Phuonglan Nguyen, senior policy analyst, joined the FRESC team in May 2007. Prior to FRESC, Phuonglan managed participatory action research and evaluation projects for Annie E. Casey's Making Connections-Denver and worked for the National Conference of State Legislatures.

Steven Moss, administrative director, began working with FRESC as a resource development consultant and strategic planning facilitator in 2004 and joined the staff in 2005.

What does FRESC do?

Through the Campaign for Responsible Development, FRESC works to make public subsidies more transparent and more accountable to public values. Every year, the cities and counties in the Front Range expend tens of millions of dollars of tax dollars to promote and subsidize private development projects. To make those subsidies more transparent, fair, and just, FRESC helps to negotiate "community benefits" agreements.

Environmental Clean-up: Gates-Cherokee Redevelopment Project
FRESC, together with CRD partners and neighborhood leaders kept Denver and Colorado from ignoring TCE contamination in surrounding neighborhoods to the Gates-Cherokee redevelopment project (off of I-25 and Broadway). The State health department lowered the allowable levels of TCE for public health. After initially denying the problem, city officials sought FRESC expert testimony to deal with this issue.

Job creation and affordable housing: Redevelopment plan for Union Station area

During the approval process of Denver's Master Plan for the redevelopment of the downtown Union Station area, FRESC and CRD partners argued strongly for the addition of language referring to job creation and affordable housing as important components of the plan.

Source: Front Range Economic Strategy Center website <http://fresc.org/>

Yet, perhaps my favorite component of what I learned from the organization is the way it draws in individuals, and turns out strong communities. It is awe inspiring to think that one small organization can bring together so many different people, and give them a sense of belonging through a common goal. Realizing that a shared community is in need brings people together to work towards a common goal. This means that not only are a city's buildings and businesses improved, but the overall feeling of warmth is gained.

This is an idea that I find particularly intriguing since I am entering the Regis University community for the first time. I am hoping that I can bring this same feeling to my classes and dorm. If our class becomes united over a common cause, the bond we share will be much greater than if people formed in small divided groups.

Amber Alarid, Denver

Coming from Chicago, I have seen numerous situations of community problems; small businesses being driven away, large corporations taking over, housing being destroyed for expensive condos. I felt a strong connection to downtown Denver because it is dealing with the same issues as Chicago. Even in the neighborhood of my high school, hundreds of families are being driven out by the demolition of public housing. These are all issues I've seen before, but now I'm experiencing it in a new setting.

After our discussion our group moved onto the train platform to look at a piece of undeveloped land behind the tracks. Looking out at the land, the image of the tracks leaving LaSalle Street Station in Chicago popped into my mind. Thinking about it, I'm sure every city is dealing with these issues. This open area makes me think about all the potential cities have to provide affordable housing, yet seeing that come true is only a dream.

Going to school in Denver, I have the ability get involved. The Jesuit philosophy puts its basis being men and women for others. At the 16th Street Mall, in downtown Denver, I thought about helping others. A man approached me asking for money for the bus. Of course where that money was going could have been anywhere but I thought about how fortunate I am and that this man did



not have the luxuries I have. That dollar is only going to give him temporary satisfaction. If I could have given him affordable housing or a well-paying job it would not be temporary. There's more I can do as a volunteer for the community.

Thinking about that guy made me wonder how I will be able to make an impact on society. I know I can't hand out single dollar bills to every person who needs one. Hopefully it will be something on a grand scale. Being part of a group building homes for people in need, supporting workers wanting better health-care, or simply listening to what people want to change about society is something I want to be a part of.

Sam Bailey, Chicago, IL

As we began to study civic engagement and the common good, I began to wonder what the definition of "the common good" really is. To me the common good would benefit all people rich and poor, but I got the sense, from the presentation, that FRESC only works with middle and lower class citizens. I wonder if the common good really just means working to get everyone on an equal level instead of trying to benefit all social classes. I am curious to see what more will come of this and which answer I will find to be true. I also hope that in this course that we will look into corporations like Wal-Mart and see if it does any good to the community perhaps by creating more jobs or giving back to the communities. I see the negative picture painted for Wal-Mart and Target but I would like to learn if there is any good that they do within the towns that they are located.

Paul Lopez, Denver

The presentation by the Front Range Economic Strategy Center, FRESC, group went hand in hand with my observations during the entire field trip. People today are so busy with their lives they do not pay attention to what is happening around them. Like Steven Moss said, "People think that by voting they are doing enough," but there is also need for involvement, participation and service to make changes.

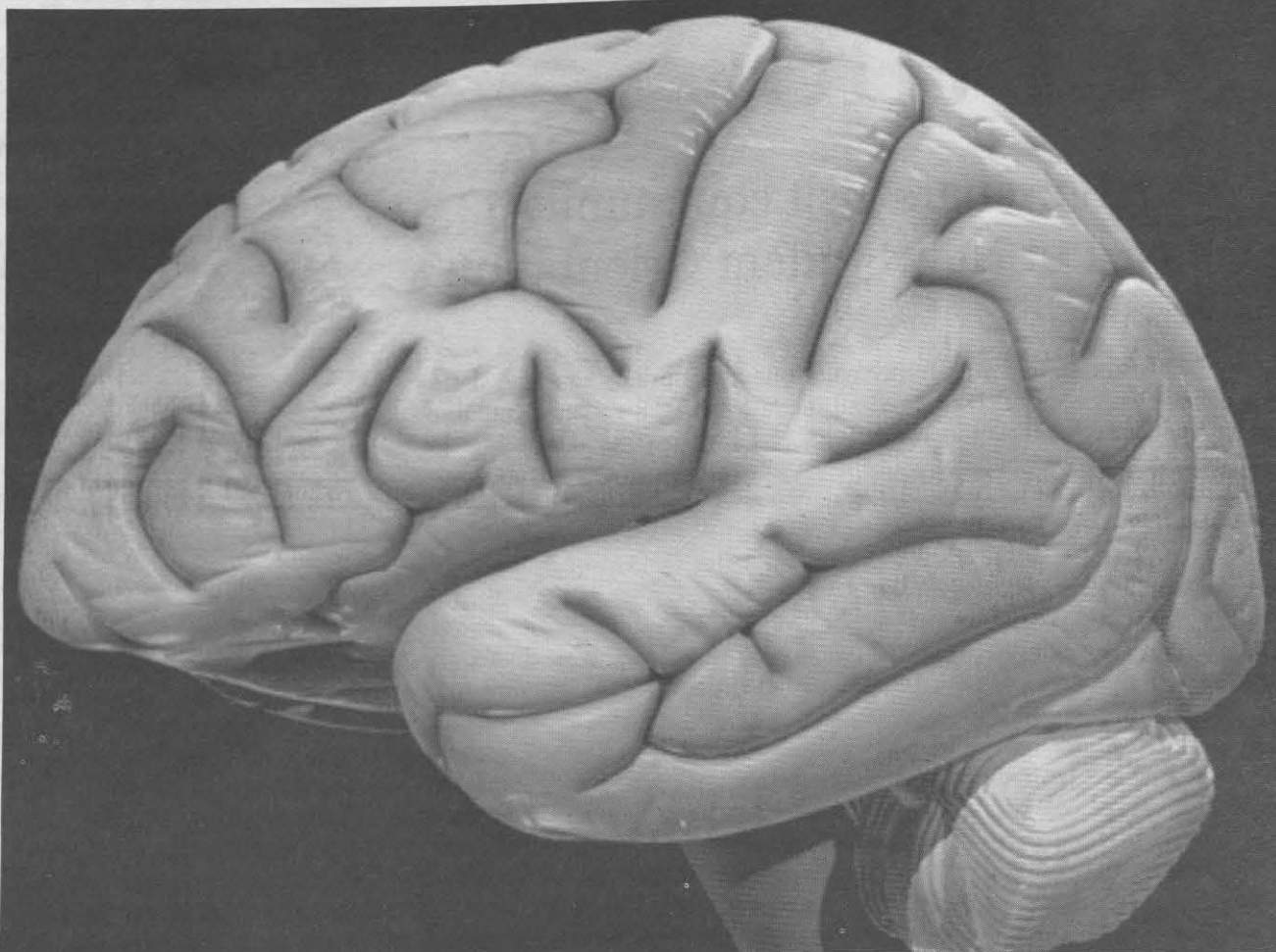
Through the presentation I learned the necessity there is for organizations such as FRESC. I also learned that people who are involved in these types of organizations are smart educated people who care about the world. A while back my expectations of college were that hard work will help me succeed and get a better job; but today, through experiences like this one, my assumptions have changed. Now I understand that there is more to college than better jobs after graduation; there are better minds who will make changes, which by active service will make social change.

Maria Molina, Brighton

MENTAL HEALTH

WHAT YOU NEED TO KNOW

September is Suicide Awareness and Prevention Month



Sally Spencer-Thomas
Director of Leadership
Development



People like Abraham Lincoln, Isaac Newton, and even Ben Stiller have each seen incredible success in their lives and careers, but they have also experienced some form of a mental disorder.

Many celebrities are swinging open the doors of mental illness, and using their experiences as a way to remove the stigma that hurts so many. Mariette Hartley, best known for her Emmy winning performances in *The Incredible Hulk*, co-founded the American Foundation for Suicide Prevention after several family members completed or attempted suicide. Like her family, Mariette also has bipolar disorder. "Bipolar disorder is something that is mine, and it is very difficult to talk about. Breaking the silence has been really wrenching for me; I went into a kind of depression wondering if I really wanted to talk about all this. I finally decided that education is more important," she admitted in a 2003 USA Today article.

Dangerous Gifts: The Best and the Brightest

History shows us repeatedly: some of our best and brightest often experience bouts of clinical depression, bipolar disorder, and even schizophrenia. Famous artists such as Vincent Van Gogh, Jackson Pollack, and Georgia O'Keeffe had major mood disorders. Some of our most notable writers' depression led to suicide: Virginia Woolf, Ernest Hemingway and Sylvia Plath.

One large scale study, cited in the book *The Price of Greatness*, looked at over 1000 men and women who had lived in the 20th century and were known for the eminence in the areas of arts, sciences, and other social activities. This research concluded that as adults, between 59 and 77 percent of these top artists, writers and musicians suffered from mental disorders at some point in their lives. In the sciences too, there is a steep rise in the suicide rate of our top scientists between the ages of 60 to 70 years.

In its most severe form, mania is incredibly debilitating and life threatening. Many have cautioned about a trend to romanticize mental illness that may inadvertently lead to people to trivialize its impact by associating it with creativity. Creativity is clearly impeded when mental illnesses are in their most severe states.

There is nothing romantic about fighting for your life in these situations.

Obviously, not all innovative and dynamic people have bipolar disorder, and not all people with bipolar disorder are creative, but there are a number of areas of overlap. Many in both groups tend to sensitive to

a wide variety of social and emotional stimuli both from outside and within.

The Effects of the Stigma of Mental Illness

"Stigma" is defined as the mark of shame leading to rejection by others. The stigma of mental illness is real and its effects are devastating. Thirty years ago, people whispered the word "cancer" because there was a great deal of fear and shame surrounding it. Today, cancer is talked about openly so people are much more likely to be diagnosed early and treated effectively. In fact, survivors of cancer are often celebrated as heroes.

People with mental health issues face the same discriminating stigma today whether it is in the workplace, a social setting, or even access to appropriate treatment. The term "mental illness" itself may contribute to the stigmatization because it implies a distinction from physical illness, which is seen as more legitimate and not "in one's head." It is no surprise then that less than one-third of sufferers ever seek treatment.

When someone appears to be somehow different, a natural reaction is to view that person in a stereotypical manner. Mental illness is largely an invisible illness, which lends itself to much negative projection and assumptions. Usually, the only way to know whether or not someone has a mental illness is if they disclose this information. Most people do not

People with mental health issues face the same discriminating stigma today whether it is in the workplace, a social setting, or even access to appropriate treatment.

readily share this information because of the discrimination and personal shame they experience.

Despite decades of brain research to the contrary, many people still believe that mental disorders are the result of moral shortcomings and problems with willpower.

When people have a physical illness that manifests itself in an organ of the body other than the brain, they usually go to a doctor, expect to get well, and continue on with their life. People whose brains are affected are not as likely to follow this same path because they fear rejection from friends, family, co-workers and neighbors. They worry about being denied adequate housing, work opportunities, and loans.

The media, both news and entertainment, have inflamed the stereotype between mental illness and violence; one that does not bear out by the statistics.

The mentally ill are far more likely to hurt themselves or be hurt by others than they are to inflict vio-

lence, and yet almost 40 percent of newspaper stories about mental illness focus on danger and crime. The truth is the mentally ill are 11 times more likely to be a victim of a violent crime than the general population.

The stigma affects people in two directions. On the outside, the public part of the stigma creates prejudice and discrimination that become real barriers for people in need of help. On the inside, it creates a negative self image that corrodes one's self-esteem and sense of hope, often leading to a downward spiral of functioning and isolation.

Combating the Stigma: Get Involved in Suicide Awareness and Prevention Month

A number of events are happening at Regis in the month of September to increase awareness of mental health issues and suicide prevention. The Office of Counseling and Personal Development will be hosting a booth in the Student Center and providing suicide prevention gatekeeper training to interested classes. We encourage all of you to get involved!

September 10th – World Suicide Prevention Day
Ross Szabo presents:

"The Growing Mental Health Crisis and What You Can Do About It" for faculty and staff in the Faculty Lounge from 12:00-1:00PM

"What Happy Faces are Hiding" – 8:00-9:15 PM in student center, free and open to the public and all students

September 22 & 23 – Innovations in Mental Health Conference at Regis

September 23 – Second Wind Fund Walk/Run/Ride in Lakewood, Regis is a co-sponsor of the event

September 24 – Eric Hipple, former NFL Quarterback for the Detroit Lions presents "Men Get Depression," 6:00-7:15 p.m. in Adult Learning Center, Mountain View Room (free and open to the public)

For more information about these programs and trainings, please contact Sally Spencer-Thomas sspencer@regis.edu or 303-458-4323.

Resources

Websites

National Mental Health Association www.nmha.org
National Alliance on Mental Illness www.nami.org
National Institute of Mental Health www.nimh.nih.gov

Lightning strikes early for Regis men

David Vranicar
Sports Editor

When Regis freshman Sterling Copeland scored his first collegiate goal, it seemed almost too good to be happening. Copeland intercepted a would-be clearance pass in Metro State territory, took a few dribbles, and gently slotted the ball past Metro's keeper. The goal gave Regis a 2-0 lead against the undefeated Roadrunners, whose two victories over Regis last season were by a combined 6-0.

Was this too good to be happening? Well, kind of.

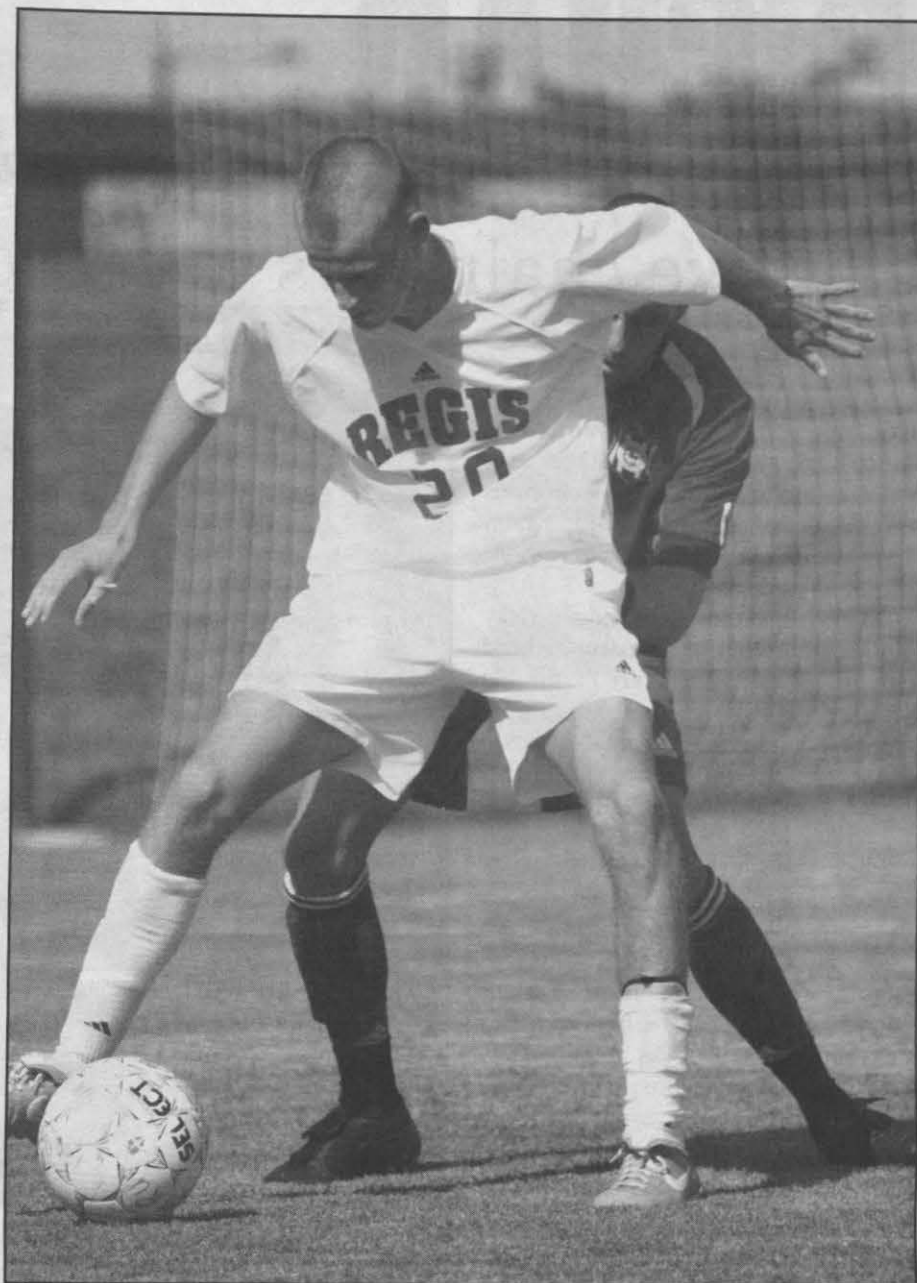
Regis dominated all 57 minutes of last Friday's game against Metro. But lightning postponed the contest with 33:33 left in the second half, and play would never resume. Regis' dominant effort – and Copeland's first goal – won't officially count because the game failed to reach the 70th minute.

While the team didn't get a W, it doesn't change the fact that Regis outplayed Metro in nearly every facet of the game. And the players realize that.

"It's just a confidence booster in itself," said senior defender Aaron Mejia. "They beat the number three (ranked) team going in that game, so just us playing with them and beating them definitely boosts our confidence. It's big time considering our record last year, and just psychologically and the history of this program. It's huge. It fires everyone up."

Regis' record last year was 4-12-2, including those two embarrassing defeats at the hands of Metro. So the way Regis played against their in-city rival is worth something, even if it's not officially a victory.

The Rangers are sitting at 1-1 after splitting their first two games. The first contest, a double-overtime loss against Barry (Fla.), was a game that the team



Regis freshman Sterling Copeland protects the ball Eastern New Mexico. Regis would go on to win the game 2-1, notching their first win of the year.

Photo by Graham Hunt

feels they should have won. Regis took the lead in the third minute and fired twice as many attempts on goal. But in the end a Barry penalty kick was the

difference.

"[That loss] is definitely very discouraging," Mejia said, shaking his head. "We had opportunities, we just

couldn't capitalize on them. Knowing that we should've won that game...it just sucks. They stole our win. Everyone knew it. They knew it."

The team rebounded in their next outing against Eastern New Mexico. The 2-1 score belies how much Regis controlled the match, earning eight corner kicks to two for ENM, and attempting 17 shots compared to ENM's four.

The first two games – and the first half against Metro – suggest that this season will be better than the four-win campaign of 2006. Last season Regis scored a total 10 goals all season. But in the first two and a half games in 2007 they have already scored 5, although two nullified by lightning.

The defense has also stiffened, giving up just 6.5 shots per contest compared to 13 per last season. This news pleases no one more than goalkeeper Trevor Steege.

"Teams would have 17, 18 shots [per game] against us last year," Steege said. "So our defense was always under pressure last year. It was so frustrating because our defense would be working their butts off the whole entire game, but they would stay consistently on our side of the field."

Regis has a new coach in Keith Tiemeyer, a bevy of talented freshman, and a seasoned core of juniors and seniors. That combination has given both fans and players something to be excited about – even if it is just the second week of the season.

"I think the cool thing is we're a new team," Steege said. "We have so many new players. I think it helps because no one really knows [about the past]. They're oblivious to that. But we expect to win, we want to win."

Steege didn't stop there. "We expect to be good this year."

Saturdays feel like Saturdays again

David Vranicar
Sports Editor

Before I went to study abroad last fall, I received a crash course in culture shock. I was warned that life in Europe may not have all the trappings of America that I have grown to love. So I went in knowing that I wouldn't have any barbeque, that the Dutch wouldn't understand my slang, and that it'd be a while before I got to see the Rocky Mountains again. I was prepared.

There was one thing, though, that never got mentioned as being a part of culture shock, and it was the thing that I missed most during the semester: college football. It was so weird not being able to wake up on Saturdays and indulge myself in a marathon of college football. It would be like a priest waking up on Sunday and not being able to find a church.

So last Saturday, when the college football season began, was a holiday of sorts for me. It was a reunion with a weekly tradition that had eluded me for over a year. Drinking rich Colorado beers. Grilling up fat cheeseburgers. Planting myself squarely on the couch and staying there until the games were done. I felt like that church-deprived priest who was able to find himself a church, complete with the music, chants and traditions that make it so special.

Having been without college football for so long, I was able to appreciate some little things that I would have missed out on last year.

The morning started at Virginia Tech, where ESPN's College Gameday dissected not only football, but also how the Hokies were dealing with last April's tragic shootings. It showed how important football was to the VT community. And the military fly-by after the National Anthem offered a poignant, reflective moment before tears turned to cheers in Blacksburg.

During that Virginia Tech game ESPN kept viewers apprised of what was happening in Ann Arbor, Michigan, where Michigan was somehow struggling against Division 1-AA Appalachian State.

After the VT game ended, App. State would go on to finish their miraculous win against the Wolverines by blocking a last second field goal. It is justifiably being called one of the biggest upsets in college football history. Vegas didn't even have a line on this game! For it to unfold the way it did – in a manner that would have been deemed too cheesy if it were in a movie – was surely the football gods saying, "Hey, David. We knew that you missed football, so watch this!"

Then there were the night games, a quartet of contests that made it so I didn't have to stomach a single com-

mercial break. The best of the four games was probably Kansas State at Auburn. My home-state Wildcats almost waltzed into Auburn and pulled off a huge upset. Not Appalachian State huge, but big.

And the game was made all the better since my favorite commentator – Ron Franklin – was calling it. I could listen to Franklin read from *MacBeth* and be captivated. But Franklin wasn't belting out, "Time and the hour runs through the roughest day." Instead it was more like, "Pads and helmets fly on the roughest play."

In the marquee game – no. 15 Tennessee at no. 12 Cal – Cal's DeSean Jackson provided the best moment of the whole day. Last fall I would have seen in the box score that Jackson returned a punt for a touchdown. But on Saturday, as food and football put me into a sort of Thanksgiving Day-type coma, I got to witness Jackson's slithery return.

Having lived it up in Europe, it will be a little while before I again devote Saturdays to travel, sight seeing and museum hopping. For a while, each Saturday is going to be a mini-celebration. The pew will be my couch, burgers will be my communion, and beer will be my holy water.

Now.... let us play.

Women's soccer

08/24/07 Friday Barry (Fla.)

W 3-1

08/26/07 Sunday Grand Valley St. (Mich.)

L 0-1

08/31/07 Friday Nebraska-Omaha

L 1-7

09/03/07 Monday Montana State-Billings Billings, Mont.

L 1-3

By the numbers

24 Total number of goals the Regis women allowed last season

12 Total number of goals given up by Regis women through four games

2 Out of the team's five goals have been scored by freshman Kelsey Hovden

MAD CHAD at THURSDAY THRILLS

Dare devil juggles live chainsaws in student center

Ashton Do
Associate Editor

Chris Kinast, a freshman, couldn't think of a better way to spend his first Thursday night on campus.

"I heard someone was going to be juggling chainsaws," he said. "I'm waiting for them."

Chainsaws did indeed cause a ruckus August 30 by the student center to kick off a new season of Thursday Thrills, a weekly event sponsored by RUSGA. Mad Chad Taylor, who has been everywhere from Jay Leno to the set of Spiderman 3 the movie, also performed for Thursday Thrills last spring. Though well rehearsed, the Dogtown native was aware of the potential risks in his act.

"Doing the chainsaws I get nervous sometimes," he admitted. "A month and a half ago I was in Louisville, Ky., doing a show and it started sprinkling rain – the handles were all wet and I was so nervous – but I couldn't stop, so I did it and luckily, it worked."

"Doing the chainsaws I get nervous sometimes," he admitted. "A month and a half ago I was in Louisville, Ky., doing a show and it started sprinkling rain – the handles were all wet and I was so nervous – but I couldn't stop, so I did it and luckily, it worked."

Regis students applauded Taylor's blend of humor and audacity throughout his performance. In one of the stunts, he brandished a pair of machetes while Erin, an unlucky volunteer, stuffed her mouth with a carrot.

"Ladies and gentleman, we are now risking Erin's life," Taylor announced slyly to the laughing audience, then turning his volunteer. "Are you nervous now?"

Erin's eyes widened as he counted off. One, two, three... and chop.

"Now don't move or I'll kill you," Taylor said jokingly before his next slash. "I'm right handed, maybe I should use my right hand."

Erin clenched her eyes shut again.

After snipping another piece of the carrot off, Taylor teased his volunteer with the reverberating sound of a chainsaw as she ran off the stage.

"This guy is going to like, chop his arm off," laughed freshman Liz Beaty. "He's sweet, he's got a sense of humor. I think he's a funny guy."

Taylor's stunts were indeed risky and the potential for catastrophe bred with his every move. Part of the appeal came from the nail-biting possibility that a knife– or worse, a chainsaw– would slip from his grasp, though this looming thought was displaced over and over as he dominated his daring routines.

Nearing the end of his set, Taylor met with the anticipation of his audience and fired up three chainsaws. Engines roaring, one after another, they flew into the air above his makeshift stage. He was juggling. The saws sliced through the air in deafening succession.

Unlike the rest of Taylor's stunts that evening, there was no room for

comedic error. His eyes fixed onto the flying death machines while visible beads of sweat rolled from his forehead. Audience members sitting nearest to the stage sat very, very still while the live chainsaws howled above their heads.

And with that, the first of many Thursday Thrills ended with all limbs intact.

For the next round of Thursday Thrills, bring your dancing shoes for a Latin Dance Fiesta complete with salsa dancing lessons and live music. The event will be held on September 2 at 9 p.m. in the dining hall. There will also be a raffle for two Broncos' season tickets.



Photos by Brett Stakelin

Hollywood Lowdown • Upcoming Releases

3:10 to Yuma

Genre: Adventure/Drama

Starring: Christian Bale, Russell Crowe

Premise: A desperate rancher (Bale) agrees to take a felon (Crowe) to prison for money.

The Brothers Solomon

Genre: Comedy

Starring: Will Forte, Will Arnett

Premise: Two socially awkward brothers attempt to grant their dying father wishes by giving him a grandson.

Shoot Em' Up

Genre: Action

Starring: Clive Owen, Monica Bellucci

Premise: A gun toting hero (Owen) and his sexy accomplice (Bellucci) team up to protect a newborn baby from a ruthless adversary.

I Want Someone to Eat Cheese With

Genre: Comedy

Starring: Jeff Garlin, Sarah Silverman

Premise: A frumpy aspiring actor (Garlin) wants three things in life: a girlfriend, a job, and a new body. He has none.

JUST FOR FUN

Horoscopes!

Capricorn (Dec. 22-Jan. 19)



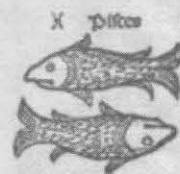
You've always believed that the sky is the limit, but this week you will be shocked to discover that the credit card company doesn't see it that way.

Aquarius (Jan. 20-Feb. 18)



You've always wondered what you would do if you knew there was no tomorrow, a question that will no longer be a mystery after your next doctor's appointment.

Pisces (Feb. 19-March 20)



Your longings to live a poetic life will be dashed this week when it turns out that it is a collection agency representative tapping, tapping at your chamber door.

Aries (March 21-April 19)



The stars will begin to doubt the true level of intellectual capacity with which they endowed you when you climb into the tank of a yellow gasoline truck looking for cream filling.

Taurus (April 20-May 20)



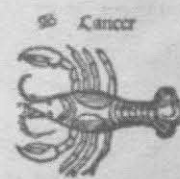
You will give the term "elbow grease" a whole new meaning this week when your shower breaks.

Gemini (May 21-June 21)



You will come to understand the phrase "ignorance is the root of all misfortune" a little too late when you aim the fire extinguisher at the top of the flames.

Cancer (June 22-July 22)



It's been said that money doesn't buy happiness, but it has also been largely known that the only people who use that phrase are those without money. Today, instead of trying to find your bliss, just "look" for a plush pocket book. You'll be happy no matter where it came from.

Leo (July 23-Aug. 22)



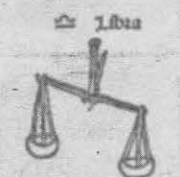
Unfortunately the stars, in their infinite wisdom, have failed to align in time for that football game. Root, root all you can, but your team will fail horribly in the play-offs (with or without your hairy, painted chest and beer-inspired frivolities...don't think that doesn't include you, ladies).

Virgo (Aug. 23-Sept. 22)



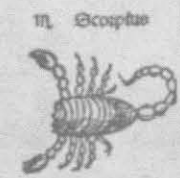
Today, as you enjoy your favorite afternoon snack, you will suddenly realize life, like bad cheese, can be salvaged if you cut two inches away from the mold. Sadly, the realization that CTRL-Z will not work if you've already eaten the cheese could mean you'll be spending the night on the poison hotline.

Libra (Sept. 23-Oct. 23)



Look at it this way, at least the big squirrel that harassed you for your bagel today didn't smile and say: "Thanks!" Now that would really be creepy.

Scorpio (Oct. 24-Nov. 21)



Sometime this month the love of your life will call you...on accident. Ignore the drunken screaming you might hear in the background and try to discern how attractive your life-long companion might be by the sound of his or her voice.

Sagittarius (Nov. 22-Dec. 21)

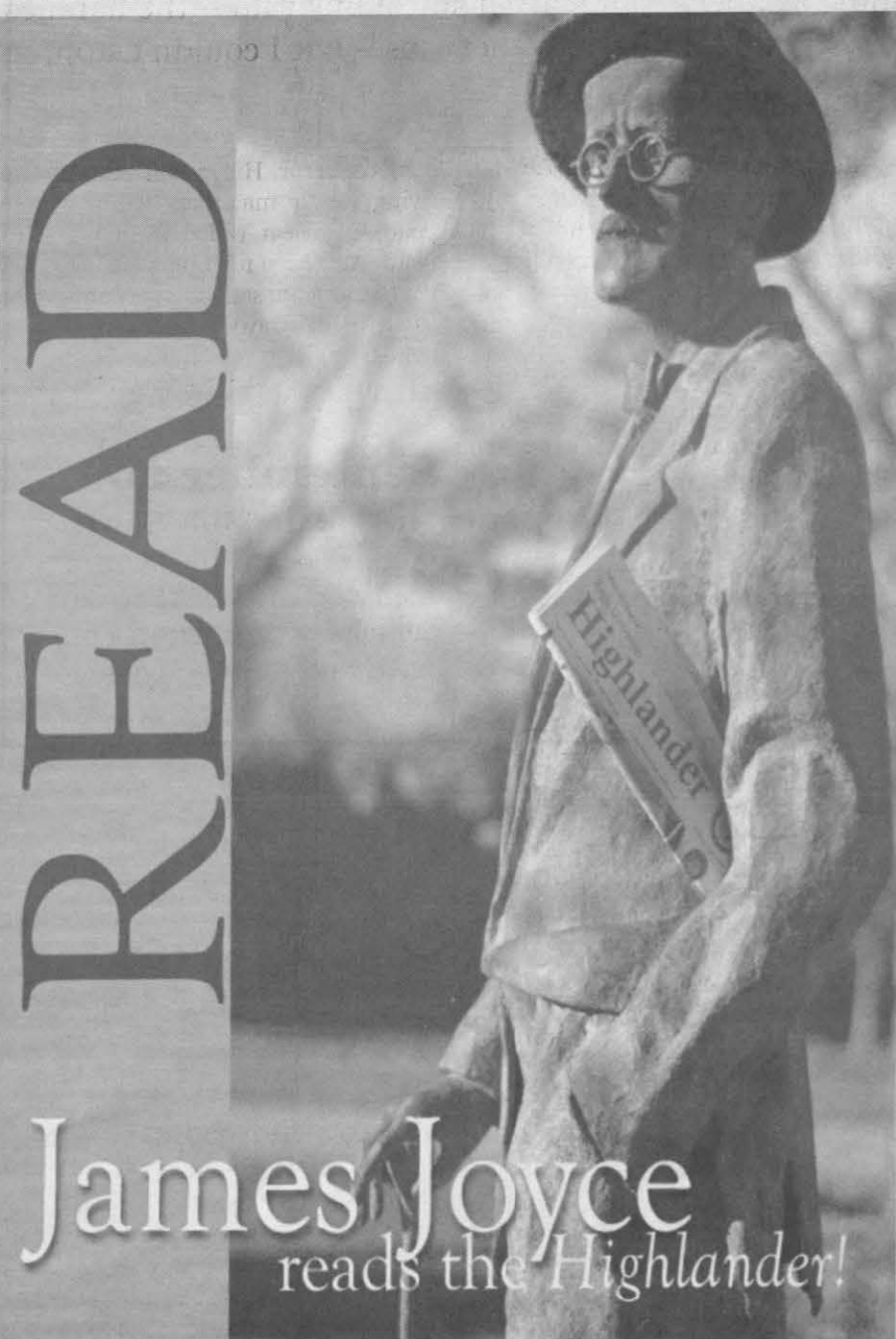


Although you haven't made any friends yet, you shouldn't worry about your place in the social totem pole (we've been laughing since you got here).

READ



Brandon Butler
reads the *Highlander*!



James Joyce
reads the *Highlander*!

Calendar of Campus/Community Events

September 7

First Friday Art Walk

The Tennyson Street Cultural District hosts the longest running art walk in Denver. Come check out the galleries, boutiques, restaurants, and studios on Tennyson between 28th and 35th. Runs from 6-10 p.m.

September 8

Sunnyside Music Fest

Located at Chaffee park (44th and Tejon), the festival will include both local bluegrass bands as well as other types of music including reggae, ska, rap, and alternative rock. Food, drinks, and artwork from local artists will also be available.

September 9

Colorado AIDS Run/Walk

Join Regis University's team at the 5k run/walk at Cheesman Park to support HIV/AIDS awareness and prevention. For carpools, meet up in front of the student center at 8 a.m., but RSVP first to Ashly Blincow at blinc736@regis.edu.

September 10

Mental Health Speaker

Ross Szabo was named the 2006 Rising Star Speaker of the Year by Campus Activities Magazine, which recognized him as one of the top speakers in the country on the college speaking circuit. Listen to him discuss relevant mental health issues in the dining hall from 8-9:15 p.m.

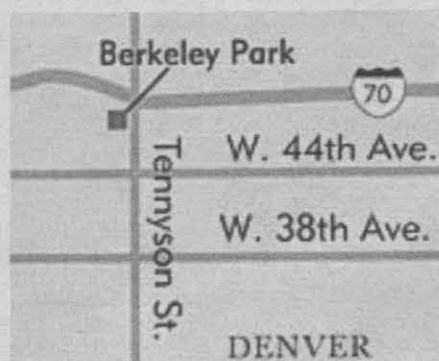
September 11

BRUN Meeting

The Berkeley-Regis United

Neighbors (BRUN) will have their general membership meeting on campus at 7 p.m. Please check

www.berkeleyregisneighbors.com for the room number.



September 16-17

Volunteer for the Homeless

Regis University partners with St. Anthony's North and Growing Home to provide shelter and community to families in our neighborhood who are experiencing homelessness. Volunteers are needed for the following shifts, to host families experiencing homelessness at St. Anthony's North Hospital:

Sunday, Overnight 8 p.m - 7 a.m.

Monday, Overnight 8 p.m - 7 a.m.

Overnight volunteers may spend some time with the children/families, get the families to bed, spend the night (in a separate and a joining room), wake folks up in the morning, get folks breakfast in the cafeteria, and make sure that folks get on the bus headed to the shelter by 7 a.m.

September 20

Mass of the Holy Spirit

Come celebrate the Mass of the Holy Spirit on Thursday, September 20 at 11:00 a.m. in the chapel. All are invited to attend.

Regis University Mission Day: The Jesuit Mission in Action

Regis students, faculty and staff are coming together to connect Denver's homeless to life-changing services. This is a great opportunity for you to get involved with Denver's Road Home, the city's ten year plan to end homelessness. Regis has committed to have 400 volunteers at the event, so we need your help! For more information about Denver's Road Home you can go to www.denversroadhome.org.

Friday, October 19, 2007

9 a.m. to 3 p.m.

INVECO Field at Mile High



Project Homeless Connect

Help the homeless in Denver by volunteering for the city's fifth Project Homeless Connect. The event serves as a one-stop shop for the homeless to get needed services — including health care, employment, legal assistance, permanent housing, food, clothing, and Social Security and food-stamp benefits. As many as 1,000 homeless people will attend the event.



This is a mission-leave eligible day,
ask your supervisor or professor for permission to attend

Regis volunteers will work one-on-one with homeless individuals, helping them prioritize their needs and accompanying them to needed services at PHC5

Volunteers are required to attend orientation training in the
Mountain View Room, Adult Learning Center, Lowell campus

If you are unable to volunteer, you can still participate by donating new underwear, sock, winter hats and gloves. Look for drop boxes on campus

For more information, contact Fredricka Brown at fbrown@regis.edu or 303-458-3544



All photos are courtesy of Dreamstime.com

Full Name _____

Circle one
Student Faculty Staff Friend

Phone number _____ Email address _____

T-shirt size: S M L XL XXL

Are you bilingual? ☐ No ☐ Yes If so, which language? _____

Volunteer Assignment Preference:

☐ 8:30 a.m. - 12:30 p.m. ☐ 12:00 - 4:00 p.m. ☐ Full day, 8:30 a.m. - 4:00 p.m.

Please mark the orientation time you would like to attend:

Monday, Oct. 8 **Tuesday, Oct. 9** **Wednesday, Oct. 10**

☐ 10:00 to 11:30 a.m. ☐ 11:00 a.m. to 12:30 p.m. ☐ 4:00 to 5:30 p.m.

☐ 1:30 to 3:00 p.m. ☐ 1:30 to 3:00 p.m. ☐ 6:00 to 7:30 p.m.

☐ 6:00 to 7:30 p.m. ☐ 6:00 to 7:30 p.m.

End times for volunteer times may vary, depending on how long it takes the client you are escorting to receive all his or her services.

Sign up by dropping off or mailing this form to University Relations, B-16, Main Hall 207 or fax to 303-964-5531 before September 25

SUDOKU

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www.sudokuworld.com

We at the Highlander welcome all in-campus advertising. If you are interested, please contact us at regishighlander@gmail.com.